

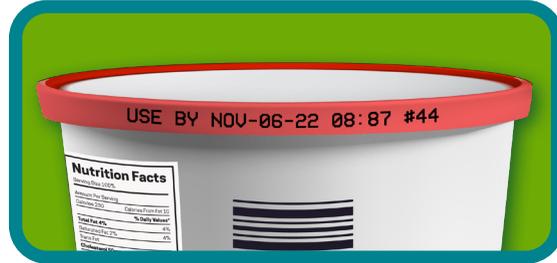
WHAT DO LABELS REALLY MEAN?

The dates on food labels are set by manufacturers to indicate when they recommend consuming the product for peak quality. With the exception of infant formula, products may still be safe to eat after this date if they have been stored properly.



Sell by:

Manufacturer's date to tell the store how long to display an item for sale.



Best before/best by/use by:

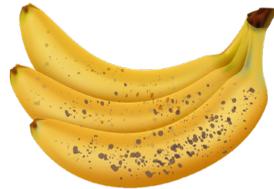
Manufacturer's recommended date for optimal flavor/quality.

FOOD STORAGE TIPS



Immerse limp greens in ice water

for 30 minutes or place them upright in a glass of water for a few hours to spruce them up.



Some fruits can cause others to spoil faster

if stored together. Keep ripe bananas, avocados, apples and tomatoes stored away from other fruit.



Refrigerate cut or peeled produce

and store them in clear containers so you can see what's inside.

Content provided by courtesy of Seattle Public Utilities and King County, Department of Natural Resources and Parks Solid Waste Division.



The N.C. Division of Environmental Assistance and Customer Service (DEACS) is a non-regulatory division of N.C. DEQ offering technical and financial assistance to businesses, manufacturers, local governments, institutions, economic developers and citizens in environmental management. For questions, call 1-877-623-6748.



USE THE FoodNC

FOOD WASTE STOPS WITH ME

KEEP FOOD FRESH! STORAGE GUIDE

Keep **vegetables in water** and replace the water every few days.

Remove **green tops** from root vegetables, leaving about 1" stem.

Remove **rubber bands, twist ties and stickers** from produce.

Keep **milk, eggs and butter** in the back of the fridge. The door is too warm for dairy products.



Keep **onions and potatoes** away from each other.

Keep **cut fruits and vegetables** in the fridge.

For longer storage, keep **bread** in the freezer.

Keep **meats** on the lowest shelf of the fridge or the meat drawer.

FRUITS

Do not wash until ready to use

Refrigerator: High-humidity Crisper Drawer

Store in a beathable bag or container unless specified otherwise



Tomatillos
Store in a paper bag



Strawberries



Brussels sprouts



Zucchini and summer squash



Green onions and scallions



Okra
Store in paper bag



Cucumbers



Herbs (other than basil)

Store with damp cloth in breathable bag or container

Refrigerator: Low-humidity Crisper Drawer

Store loose unless specified otherwise



Cherries



Tropical fruits (ripe)
Kiwis, mangoes, papayas, pineapples



Pears (ripe)



Stone fruits
Peaches, plums, nectarines, apricots



Apples
Store in beathable bag or container, away from other fruits and vegetables



Citrus fruits
Lemons, limes, oranges, grapefruit



Root vegetables
Beets, carrots, parsnips, radishes, turnips



Peppers



Broccoli and broccolini



Artichoke
Store in sealed container



Bok choy



Greens
Heart and leafy

Store with damp cloth in sealed container



Green beans, wax beans, snap peas fresh peas



Celery



Cauliflower



Cabbage
Store loose

OTHER FOOD

Refrigerator Shelf



Blueberries
Store in sealed container



Raspberries, blackberries, grapes
Store in breathable bag or container



Melons (ripe)



Avocados (ripe)

Store in original or airtight container



Asparagus
Trim ends, store upright in water with loose plastic bag over top



Corn on the cob
Keep in husks, store loose; if husked, store in airtight container



Ginger
Store in sealed container



Mushrooms
Store in paper bag



Eggs

Store in original packaging



Butter



Cheese
Store in wax or parchment paper



Meat, fish and poultry
Store in original or airtight packaging

Counter

Store loose unless specified otherwise



Avocados (not ripe)
Store in paper bag



Melons (not ripe)



Tomatoes
Store out of direct sunlight



Eggplant



Bananas
Store loose, away from other fruits and vegetables



Tropical fruits (not ripe)
Kiwis, mangoes, papayas, pineapples



Pears (not ripe)



Basil
Trim ends, store upright in water with loose plastic bag over top

Cupboard or Pantry



Onions
Store loose or in mesh bag away from potatoes



Potatoes
Store loose or in paper bag away from onions



Bread
Store in paper bag



Garlic and shallots



Winter squash

Store loose



Beans



Rice

Store in original or airtight container